

6 WEEK FITNESS CHALLENGE Feb. 2 - Mar. 14, 2014

The purpose of this exercise challenge is for overall health and wellness!
The goals of this challenge is to help you develop and maintain a healthy lifestyle by promoting a fun and exciting opportunity to exercise

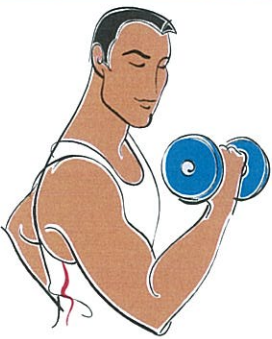
HOW IT WORKS: 6 weeks challenge begins with:

Weigh in between Jan. 31 and Feb 2nd; grab a partner/friend/relative/co-worker to join with

There's a 1st weigh in; midpoint weigh in and a final weigh in at the end of six (6) weeks

Purchase a discounted membership pass

Exercise, eat right and create a realistic goal, a healthy lifestyle during challenge that you can maintain



25% OFF FULL PRICE MONTH MEMBERSHIP PASS for February and March 2014: pass includes unlimited access to the fitness center, swimming pool, basketball gym and racquetball courts. (excludes any already discounted student, military, senior and employee discount pass)

INCENTIVES FOR THE 6 WEEK CHALLENGE INCLUDES:

- **10% off at the local Las Vegas SUBWAY** when you present your fitness challenge membership pass
- **FREE access to Fitness Tech's** for exercise program, equipment use and any exercise classes they may offer (excluding boot camp, water aerobics, spin bike and/or Aqua Zumba classes)
- **Ages are divided by categories:** 16-35, 36 - 55, 56 - 75, and 76+. PARTNERS divisions are also offered: male/male; male/female; and female/female
- **WINNERS** in each category will receive a free month pass to the recreation center, and certificates from Subway .
- **OVERALL FITNESS CHALLENGE WINNER** will receive a one (1) year pass to recreation center



Contact the Recreation Center for more information at 505 426-1739

